

SWIM LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHAT STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?	NOT YET	A/ WATER DISCOVERY
Is the student comfortable working with an instructor without a parent in the water?	NOT YET	B/ WATER EXPLORATION
Will the student go underwater voluntarily?	NOT YET	1/ WATER ACCLIMATION
Can the student do a front and back float on his/her own?	NOT YET	2/ WATER MOVEMENT
Can the student swim 10–15 yards on his/her front and back?	NOT YET	3/ WATER STAMINA
Can the student swim 15 yards of front and back crawl?	NOT YET	4/ STROKE INTRODUCTION
Can the student swim front crawl, back crawl, and breaststroke across the pool?	NOT YET	5/ STROKE DEVELOPMENT
Can the student swim front crawl, back crawl, and breaststroke across the pool and back?	NOT YET	6/ STROKE MECHANICS

* At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS PROGRAM GUIDE

Ages 6 months – Adult



Peter-Blum Family YMCA
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561-237-0935
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GROUP SWIM LESSONS

Swimming lessons at the Y are specifically tailored to the participant’s age, swimming ability, level of physical development and confidence in the water. The Y ensures a low instructor-to-student ratio to ensure our kids get plenty of personal attention.

PARENT-CHILD (6mo-2yrs)

Member: \$103 per session (8 classes)
Non-Member: \$195 per session (8 classes)

Class Length: 30 minutes
Ratio: 10 students :1 instructor

Scheduling: Monthly Times:
Mon/Wed: 5:30pm
Tue/Thurs: 10:30am
Saturday: 9:00,10:25am
Sunday: 9:00am

Upcoming Session Dates

Monday/Wednesday

July 2nd -July 30th
August 4th - August 27th
September 3rd- September 29th
October 1st - October 29
Tuesday/Thursday
July 1st - July 31st
August 5th -August 28th
September 2 nd- September 30th
October 2nd - October 29th

Saturday :

July 12th - August 23rd (No Class July 5th)
September 6th - October 25th

Sunday:

July 13th - August 24th (No class July 6th)
Septeber 7th - October 26th

PRESCHOOL (3-5yrs)

Member: \$103 per session (8 classes)
Non-Member: \$195 per session (8 classes)

Class Length: 30 minutes
Ratio: 6 students :1 instructor

Scheduling: Monthly Times:
Mon/Wed @ 3:30, 4:55, & 6:20pm
Tue/Thurs @ 3:30, 4:55, & 6:20pm
Saturday @ 9, 10:25 & 11:45am
Sunday @ 9:30am

Youth (6-11yrs)

Member: \$103 per session (8 classes)
Non-Member: \$195 per session (8 classes)

Class Length: 45 minutes
Ratio: 8 students :1 instructor

Scheduling: Monthly Times:
Mon/Wed @ 4:05 & 5:30pm
***No level 6 class @ 5:30**
Tue/Thurs @ 4:05, 5:30, & 6:55pm
***6:55 class only for levels 4, 5, & 6**
Saturday @ 9:35am & 11am
***No level 6 @ 11am**
Sunday @ 10am
***No level 6 on Sunday**



PRIVATE SWIM LESSONS

Private and semi-private swim lessons at the YMCA are designed to allow individuals the ability to work at their own personal level and pace in order to achieve their goals.

Private Lessons

One Participant
Member: \$212 (6x 30 min)
Non-Member: \$312 (6x 30 min)

Scheduling: An instructor will contact you to set up your lesson time.
* 90 day expiration from time of first class

Swim Team

This competitive program offers children and teens an opportunity to work with trained coaches to improve swimming skills, endurance and promote a healthy lifestyle.

Tryouts: Available Monday-Thursday at 4:15pm.

Members Only:
Bronze-\$220 per season, Sibling discount \$200 per season
Silver- \$225 per season, Sibling Discount \$205 per season
Gold- \$230 per season, Sibling discount \$210 per season
Platinum AM -\$250, Sibling discount \$225 per season

Scheduling:
Monday-Thursday: Platinum AM: 7:00am-8:30am
Bronze: 4:30pm-5:15pm
Sliver: 5:15pm-6:30pm
Gold: 6:30pm-8:00pm
Platinum PM 6:30pm-8:30pm

Season Dates: Registration Open
Season 1: January 6th - April 10

Swim Evaluations

If your child has not taken lessons with us before (or it has been longer than 2 months) they must complete a swim evaluation prior to registering.

Scheduling:
Saturday’s @ 12:00pm
Sunday’s @ 9:00am

Semi-Private Lessons

Two Participants
Member: \$318 or \$160 per participant
Non-Member: \$418 or \$214 per participant
(6x 30 min. per participant)

ADULT (18 YRD OLD +)

Member: \$103 per session (8 classes)
Non-Member: \$195 per session (8 classes)

Class Length: 45 minutes
Ratio: 10 students :1 instructor

Scheduling: Monthly Times:
Mon/Wed @ 6:55pm
***Beginner & Intermediate classes offered**
Saturday @ 12:15pm

TEEN (12-17 YRS OLD)

Member: \$103 per session (8 classes)
Non-Member: \$195 per session (8 classes)

Class Length: 45 minutes
Ratio: 8 students :1 instructor

Scheduling: Monthly Times:
Mon/Wed @ 6:55pm
Saturday @ 12:15pm